

MENU

WEEK 1

Breakfast



A selection of Toast, Bacon Rolls, Hash Browns, Fresh Fruit, Fruit Salad, Pain au Chocolat, Yoghurt Granola Pots



Morning Break

A selection of Toast, Bacon Rolls, Paninis, Soup, Subs to Go, Fruit Salad, Fruit & Yoghurt Granola Pots

LUNCHTIME

Monday	Tuesday	Wednesday	Thursday	Friday
HONEY AND GINGER CHICKEN egg fried rice sweet potato fries steamed broccoli	CREAMY CHICKEN AND BACON PIE WITH GRAVY mashed potato steamed carrots parsley butter	COTTAGE PIE mashed potato sauteed potatoes sauteed leeks	ROAST CHICKEN steamed broccoli steamed carrots cauliflower cheese	FISH & CHIPS SELECTION OF PIES & SAUSAGE ROLLS mushy peas garden peas sweetcorn
VEGETARIAN OPTION MUSHROOM & LEEK TART TOMATO & BASIL SAUCE	VEGETARIAN OPTION GNOCCI WITH ROAST VEG TOMATO & BASIL SAUCE	VEGETARIAN OPTION CHICKPEA & SWEET POTATO TIKKA BASMATI RICE	VEGETARIAN OPTION MEAT FREE ROAST DINNER	VEGETARIAN OPTION ROASTED TOMATO & VEGETABLE FAJITAS



SOUP OF THE DAY



SEE CANTEEN BOARD FOR DETAILS

Also available at lunchtimes...

Chicken Burgers / Pasta Bar / Jacket Potatoes / Selection of Sandwiches, Wraps & Paninis

SUB BAR



- STEP 1** choose your bread - wraps or sub rolls
- STEP 2** choose your filling - COLD: ham, cheese, tuna, turkey, egg, Philadelphia, chicken & bacon mayo, Chinese & tikka chicken marinade
HOT: meatballs, pulled pork
- STEP 3** choose your salad - cucumber, tomatoes, lettuce, red onion, mixed peppers, coleslaw, potato salad, pasta salad

DESSERTS

Home baked biscuits and cakes are available everyday.
A selection of fresh fruit, fruit pots and YogPots are also available everyday.



MENU

WEEK 2

Breakfast



A selection of Toast, Bacon Rolls, Hash Browns, Fresh Fruit, Fruit Salad, Pain au Chocolat, Yoghurt Granola Pots



Morning Break

A selection of Toast, Bacon Rolls, Paninis, Soup, Subs to Go, Fruit Salad, Fruit & Yoghurt Granola Pots

LUNCHTIME

Monday	Tuesday	Wednesday	Thursday	Friday
CHICKEN PASSANDA basmati rice naan bread pan fried leeks VEGETARIAN OPTION 5 BEAN & CHICKPEA MASSALA & GARLIC BREAD	BEEF LASAGNE cheesy garlic bread sautéed leeks VEGETARIAN OPTION MACARONI CHEESE	TERYAKI CHICKEN NOODLES sauteed sweet potato cherry tomato ratatouille VEGETARIAN OPTION VEGAN SPAGHETTI BOLOGNAISE	ROAST CHICKEN steamed broccoli steamed carrots cauliflower cheese VEGETARIAN OPTION MEAT FREE ROAST DINNER	FISH & CHIPS CHICKEN GOUJONS SELECTION OF PIES & SAUSAGE ROLLS mushy peas garden peas sweetcorn VEGETARIAN OPTION SPINACH & RICOTTA CANNELONI

SOUP OF THE DAY

SEE CANTEEN BOARD FOR DETAILS

Also available at lunchtimes...

Chicken or Spicy Bean burgers / Pasta Bar / Jacket Potatoes / Selection of Sandwiches, Wraps & Paninis

SUB BAR



- STEP 1** choose your bread - wraps or sub rolls
- STEP 2** choose your filling - COLD: ham, cheese, tuna, turkey, egg, Philadelphia, chicken & bacon mayo, Chinese & tikka chicken marinade
HOT: meatballs, pulled pork
- STEP 3** choose your salad - cucumber, tomatoes, lettuce, red onion, mixed peppers, coleslaw, potato salad

DESSERTS

Home baked biscuits and cakes are available everyday.
A selection of fresh fruit, fruit pots and YogPots are also available everyday.



MEAL DEALS

**ONLY
£2.80**

OPTION 1

ANY Hot plated meal,
Water or Juice,
Fruit pot or
Homemade biscuit.
(Saves you 40p)

OPTION 2

ANY Panini,
Water or Juice,
(Saves you 50p)

OPTION 3

Pasta Pot,
Water or Juice,
Fruit pot or
Homemade biscuit.
(Saves you 70p)

BREAKFAST & MORNING BREAK DEALS

Two Slices of Toast,
Hot Chocolate **£1.20** (Save 80p)

Two Hash Browns,
Fruit Juice / Water **£1.00** (Save 75p)

Fruit Pot, Toast, Fruit Juice
£1.00 (Save 65p)